Physical Fitness and Social Engagement: Strategies, Activities and Partners
Webinar Instructions

Audio Options
- Use your computer speakers, OR dial in using the phone number in your registration email.
- All participants are muted.

Questions and Answers (Q&A)
- You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.

Chat Feature
- The Chat feature allows webinar attendees, the host, co-hosts and panelists to communicate for the duration of the webinar.

Recording
- The recording will be available on www.engagingolderadults.org.
Accessibility and Support

- **Screen Reader Users**: Reduce unwanted chatter
  - Request speech on demand: Insert, Spacebar, “S”

- **Webinar participants can view closed caption subtitles, watch a live transcript of the meeting or adjust the size of subtitle text**
  - To control closed captions, click on the CC Live Transcript button in the control bar at the bottom of the Zoom window

- **To get our attention if you need tech assistance**:  
  - Raise or Lower Hand: Alt + Y
USAGing

- USAGing represents and supports the national network of Area Agencies on Aging and advocates for the Title VI Native American Aging Programs that help older adults and people with disabilities live with optimal health, well-being, independence and dignity in their homes and communities.

- [https://www.usaging.org/](https://www.usaging.org/)
Overview of engAGED

- National effort to increase social engagement among older adults, people with disabilities and their caregivers
- Administered by USAging
- Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living
- Broad-based Project Advisory Committee
- www.engagingolderadults.org
Connect With Us!

- www.engagingolderadults.org
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- info@engagingolderadults.org
Presenters

Heather Hodge M.Ed.
Senior Director, Equity, Access, Engagement, and Health Approaches, YMCA of the USA

Jennifer L. Tripken, EdD, CHES
Director, Center for Healthy Aging, National Council on Aging

Cina Makres
Program Specialist, Health & Wellness, National Recreation and Park Association
STRENGTHENING COMMUNITY THROUGH PHYSICAL ACTIVITY AND SOCIAL CONNECTEDNESS

August 24, 2023
THE YMCA AS A COMMUNITY PARTNER IN IMPROVING HEALTH OUTCOMES

OUR REACH

- 2,560 YMCAs
- Serves 4.8 million youth under the age of 18
- Serves 8.2 million adults
- Engages more than 13 million members nationwide
- 77% of the U.S. population is within 10 miles of a Y branch
THE Y’S APPROACH TO COMMUNITY HEALTH

To PROMOTE WELLNESS (Primary)
- Personal Training
- Group Exercise
- Wellness Centers
- Aquatics
- Emotional Well-being
- Food Insecurity

To REDUCE RISK (Secondary)
- Brain Health
- Tobacco Cessation
- Blood Pressure Self-Monitoring
- Diabetes Support
- Cardiovascular Rehab
- Arthritis Management
- Diabetes Prevention
- Falls Prevention
- Childhood Obesity Prevention
- Cancer Survivorship

To RECLAIM HEALTH (Tertiary)
- Health Navigation
- ACO and PCMH Involvement
- Referral Systems

Policies Promoting Healthy Eating
Policies Promoting Physical Activity
Equitable Communities Agenda

Employee Wellness Benefits
Built Environment
Equitable Communities Agenda

Safe places for active play
Access to Fresh Fruits & Veggies
Community Development

Advocacy and Policy Change for Childhood Obesity Prevention
Addressing cycles of poverty

Commercial Insurance Reimbursement for Prevention
Access to Health Care
Payment Reform

Medicare Coverage of Diabetes Prevention
Cancer Disparities

Social Determinants

To PROMOTE WELLNESS (Primary)

To REDUCE RISK (Secondary)

To RECLAIM HEALTH (Tertiary)

Emotional Well-being
Food Insecurity

Brain Health
Tobacco Cessation
Blood Pressure Self-Monitoring
Diabetes Support
Cardiovascular Rehab
Arthritis Management
Diabetes Prevention
Falls Prevention
Childhood Obesity Prevention
Cancer Survivorship

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Social Determinants

THE Y’S APPROACH TO COMMUNITY HEALTH

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Physical Activity and Social Connectedness | ©2023 YMCA of the USA
PHYSICAL ACTIVITY
YMCA HEALTH & FITNESS VIDEOS

Active Older Adults
As the average life expectancy lengthens there are more years for us to look forward to. Engaging with good health, exercise, and fitness earlier in life is important but you’re never "too old" to start exercising and pursuing a healthier lifestyle that can help prevent, manage, and treat diseases and ailments.
PORTFOLIO OF CHRONIC DISEASE PROGRAMS

Enhance@Fitness
For older adults living with arthritis or at risk for falls

Healthy Weight and Your Child
Weight management program for children 7-13 and their caregivers

LIVESTRONG at the YMCA®
For adults living with or beyond cancer treatment

Moving For Better Balance
For adults with impaired stability and/or mobility

YMCA’s Blood Pressure Self-Monitoring Program
For adults who have been diagnosed with high blood pressure

YMCA’s Diabetes Prevention Program
For adults with elevated BMI and at risk for type 2 diabetes
SOCIAL CONNECTEDNESS
SOCIAL CONNECTEDNESS

- Older Adult Social Clubs 1065 Ys
- Older Adult Sports 848 Ys
- Older Adult Trips and Programs 805 Ys
- Older Adult Volunteer Programs 815 Ys
With support from the AARP Foundation, Y-USA tested a social connectedness hypothesis and evaluated to what extent group-based chronic disease programs delivered through the Y improve social connectedness and how social connectedness is improved or sustained following these programs.

Project objectives:

- Quantify change in social connectedness of participants in group-based health interventions and to explore impacting sociodemographic factors.
- Identify the supports and activities that sustain or improve social connectedness, post group-based health intervention participation, and explore barriers.
CHANGE IN SOCIAL CONNECTEDNESS FROM BASELINE TO FIRST FOLLOW UP IS STATISTICALLY SIGNIFICANT BETWEEN THOSE WITH A LOW BL DSSI-10 SCORE AND THOSE WITH A HIGH BL DSSI-10 SCORE

p=0.01
With support from a private donor, Y-USA engaged NORC to explore if older adults report better quality of life and social connectedness through Y engagement and to identify factors that influence older adults’ outcomes related to quality of life and social connectedness.

Questions:
1. Do older adults report better quality of life and social connectedness through Y engagement?
2. What factors influence older adults’ outcomes related to quality of life and social connectedness?
3. What are successful Y programs and models for improving quality of life and social connectedness in the older adult population?
IMPROVEMENTS IN QUALITY OF LIFE AND SOCIAL CONNECTEDNESS

Survey Findings

Mean difference between pre- and post-test scores was significant across all variables of interest:

- **Overall well-being** mean score increased by 2.15 (p<.0001)
- **Social connectedness** mean score increased by 0.73 (p<.0001)
- **Loneliness** mean difference was -3.26 (p<.0001)

Also observed improvements in social well-being, spiritual well-being, physical health, and mental health.
DOSE OF PARTICIPATION AFFECTED OUTCOMES

Survey Findings for Loneliness and Social Connectedness*

Higher social connectedness scores and lower loneliness scores for people who participated more frequently

- People who participated in the Y more times per week (4x per week) reported higher social connectedness scores (reference group: 1x or less)

- People who participated in the Y more times per week (3x, 4x, 5x or more per week) reported lower loneliness scores (reference group: 1x or less per week)

*When controlling for pre-score and socio-demographic factors
PARTNERSHIPS
A few ways in which Ys are working with aging network partners

- **Tacoma**: collaborates with county agencies on aging and DOH to connect individuals to falls prevention programs and the Y’s Community Café which focuses on connecting older adults and caregivers to a virtual community of health, wellness, and connection.

- **Eau Claire**: works with local ADRC’s dementia specialist to create a brain and body fitness program for individuals with moderate dementia and caregivers.

- **Indianapolis**: support from AAA has allowed 50-60 individuals to participate in DPP for the past 7 years.

- **Sacramento**: partners with Alzheimer’s Association and Dignity Health to offer health workshops and a grant from Kaiser to offer stretch and balance classes for falls prevention.

- **Fort Worth**: partnership with the AAA around falls prevention starting in 2019 to support launch of Enhance®Fitness.
Visit YMCA.org to find your nearest YMCA

Reach out to the Health & Wellness Director at your YMCA

Share information with YMCA colleagues on your work supporting physical activity and social connectedness and how they may connect

Explore opportunities for collaborations to support your communities; invite YMCAs to meetings/events or participate in YMCA-hosted events
THANK YOU!

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Physical Fitness and Social Engagement

Strategies, Activities, & Partners

Jennifer L. Tripken, Ed.D.

Director, Center for Healthy Aging

August 2023
Overview

1. About the NCOA Center for Healthy Aging

2. Evidence-Based Programs (EBPs)

3. Impact of EBPs across the Aging Network

4. Resources Available
NCOA - Who we are

<table>
<thead>
<tr>
<th><strong>Vision</strong></th>
<th>A just and caring society in which each of us, as we age, lives with dignity, purpose, and security</th>
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<tbody>
<tr>
<td><strong>Mission</strong></td>
<td>Improve the lives of millions of older adults, especially those who are struggling</td>
</tr>
<tr>
<td><strong>Goal</strong></td>
<td>Impact the health and economic security of 40 million older adults by 2030, especially women, people of color, LGBTQ+, low-income, and rural individuals</td>
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</tbody>
</table>
# The work we do

## Resources

Trusted, unbiased information that enable older adults and their caregivers to take small steps that can have a big impact on their health and financial security.

## Best Practices

Technical assistance and support for professionals in community-based organizations who serve older adults every day.

## Tools

Personalized, online support for individuals to find benefits, choose a Medicare plan, prevent falls, and plan for a healthy and secure life.

## Advocacy

A national platform and voice to fight against ageism—and to strengthen the federal programs we all depend on as we age.
Goal: Increase the quality and years of healthy life for older adults and adults with disabilities.

- Three national resource centers funded by the Administration for Community Living (ACL)
  - Chronic Disease Self-Management Education (CDSME)
  - Falls Prevention
  - Modernizing Senior Centers

- Other key areas: Behavioral health, physical activity, immunizations, oral health
Evidence-Based Programs

We support the expansion and sustainability of evidence-based disease prevention and health promotion programs

• Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults.
• Based on Solid Research and are Packaged Programs
• EBPs can educate older adults about important health information, including proven strategies for managing chronic conditions and preventing falls.
• Benefits include those to both older adults and the community-based organizations
Evidence-Based Programs

• The Administration for Community Living/Administration on Aging (ACL/AoA) provides guidance on:

Older Americans Act Title III-D Program funding: https://acl.gov/programs/health-wellness/disease-prevention

Search for Evidence-Based Programs

Evidence-based programs offer proven ways to promote health and prevent disease among older adults. Use this tool to search for evidence-based programs that match your community's needs and are approved for funding through Older Americans Act Title III-D. The programs included are not exhaustive and represent those that have been approved through the Evidence-Based Program Review Process.

https://ncoa.org/evidence-based-programs
Evidence-Based Programs

Depending on program, can be offered in-person, online, telephonically, or by mail.

Chronic Disease Self-Management

- The suite of CDSME programs developed by Stanford University have been proven to help older adults better manage their chronic conditions, improve their quality of life, and lower health care costs.
  - CDSMP (SP), CPSMP, DSMP (SP)
- PEARLS – Program to Encourage Active, Rewarding Lives

Falls Prevention

- Enhance Fitness
- A Matter of Balance
- Stepping On
- Tai Chi for Arthritis for Falls Prevention
- Tai Ji Quan: Moving for Better Balance
- Bingocize

Secondary Benefits: Reduced social isolation
Research on Evidence-Based Programs

https://ncoa.org/article/research-on-evidence-based-programs
Research on Evidence-Based Programs

https://ncoa.org/article/research-on-evidence-based-programs

Figure 7. Most Common Chronic Health Conditions Among Participants (n=112,988), 1/1/2018 to 1/16/2023

- About half (52%) of participants with both pre and post test scores experienced no change in their loneliness score after completing their program.
- In fact, 33% scored worse on their loneliness score upon completing the program.
- About 15% improved at the end of the program.
Research on Evidence-Based Programs

https://ncoa.org/article/research-on-evidence-based-programs
Research on Evidence-Based Programs

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# Recruiting Participants using Social Media

<table>
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<tr>
<th>Social Media Platform</th>
<th>Sample Messaging Copy to Use</th>
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| **Facebook and Instagram** | Falls are "the main thing that causes injuries to #Seniors," says Debbie Jopson, an exercise instructor at the Arbutus Senior Center in Baltimore.  
Reminders as you age:  
♥ Falling is not a natural or normal part of aging, and even healthy and active people can fall.  
♥ Taking steps to prevent a fall can help you remain independent for as long as possible.  
Find out how you can prevent a fall by signing up for an evidence-based #FallsPrevention program. Watch this video created by the National Council on Aging 🎥смотреть. |  
| | You can help prevent falls by sharing information about evidence-based #FallsPrevention programs in your community.  
Find out why these programs are so important, and how they can help seniors who are recovering from injury.  
Watch the video below. 🎥смотреть. |  
| | [https://youtu.be/mlLwIFswxmM](https://youtu.be/mlLwIFswxmM) |

Key Resources:
https://ncoa.org/professionals/health/center-for-healthy-aging

Tip Sheets and Articles

Best Practices Clearinghouse
Explore best practices and resources from the field to foster the expansion and sustainability of evidence-based health promotion programs.

Webinars and Workgroups

Grand Round Monthly Workgroup
Monthly "grand rounds" webinars discuss best practices and strategies for offering evidence-based health programs remotely. Community-based organizations from across the country share how they are delivering evidence-based programs in the virtual/remote environment, successes of their work, and lessons learned.

Evidence-Based Programs

Evidence-Based Programs
From preventing falls to managing chronic conditions, discover expert content and programs to support your work. Get the latest knowledge, best practices, and tools to help.

Search and review all approved evidence-based programs.
Contact

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National Council on Aging
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Visit www.ncoa.org to learn more about our work.
Supporting Healthy Aging Through Parks and Recreation

Strategies to Promote Physical Fitness and Social Engagement
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(she/her)

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The National Recreation and Park Association (NRPA) is the leading not-for-profit organization dedicated to building strong, vibrant and resilient communities through the power of parks and recreation. With more than 60,000 members, NRPA advances this mission by investing in and championing the work of park and recreation professionals and advocates — the catalysts for positive change in service of equity, climate-readiness, and overall health and well-being. For more information, visit www.nrpa.org. For digital access to NRPA’s flagship publication, *Parks & Recreation*, visit parksandrecreation.org.
THE POWER OF PARKS AND RECREATION
Parks and Recreation is Vital to Community Health and Well-Being

Park and recreation professionals are uniquely suited to serve as stewards of Community Wellness Hubs – trusted gathering places that connect every member of the community to essential programs, services and spaces that advance health equity, improve health outcomes and enhance quality of life.
Health Benefits of Parks & Recreation

- **275 million** people visited a local park or recreational facility at least once in 2022
- **93%** of U.S. adults believe parks and recreation are essential to their physical and mental health
- **92%** of U.S. adults look to parks and recreation to provide activities for older adults in the community
- People who use parks and recreational facilities are **three times more likely** to achieve recommended levels of physical activity
- Greenspace exposure corresponds with **improved physical health** (decreases in stress, blood pressure, etc.) and alleviating **mental health conditions and illnesses** such as depression, anxiety and Alzheimer’s
Specific to Older Adult Programming...

- 92% of agencies offer facilities, activities, and programming dedicated to older adults.
- 76% of agencies offer one or more evidence-based programs to older adults.
- 71% of agencies characterize themselves as the leader, or one of the leaders, providing services and programming for older adults.
Most Common P&R Offerings to Older Adults

**Exercise Classes**
91% of agencies offer exercise classes, including programs focused on diabetes, falls prevention, and arthritis.

**Field Trips**
70% of agencies offer field trips, tours, or vacations for older adults.

**Volunteer Opportunities**
58% of agencies offer opportunities for older adults to volunteer at recreation centers.

**Arts & Crafts**
67% of agencies offer classes focused on arts & crafts.

**Special Events**
58% of agencies offer special events and festivals specifically geared for older adults.
NRPA’s Work to Support Healthy Aging

• Since 2016, NRPA has worked to enhance the health, wellness, and quality of life of adults with chronic conditions by:
  • Scaling evidence-based interventions through parks and recreation, including virtual programming during COVID-19
  • Supporting communities of practice focused on healthy aging, centering health equity, and advancing Community Wellness Hubs
  • Evaluating the impact of park and recreation programs on older adult health and well-being
  • Facilitating connections between healthcare providers and parks and recreation
  • Supporting partnership building to expand older adult programming
In addition to various other challenges, P&R agencies still work with relatively small operating budgets for older adult programming.
Park and recreation agencies are **NOT** alone when developing and delivering older adult services!

More than **9 in 10** P&R agencies partner with outside organizations to better serve older adults in their communities.
Common Partnerships with P&R that Support Healthy Aging

• Area Agencies on Aging (AAA)
• Retirement Communities
• Senior Meal Providers
• Healthcare Providers
• Local Health Departments
• Community-based Organizations (Ex. YMCAs, faith-based, etc.)
EXAMPLES FROM THE FIELD...
Detroit Parks & Recreation, MI

- Offers older adult programs and fitness classes at 12 recreation centers across Detroit
- Implements Arthritis-Appropriate, Evidence-Based Interventions, including Walk with Ease and Fit & Strong
- Manages over 300 parks, many of which have designated walking paths
- Partners with the Detroit Area Agency on Aging to host events, such as Senior Friendship Day, which features music, dancing, and fitness and health education and classes
Philadelphia Parks & Recreation, PA

- Partners with the Philadelphia Corporation for Aging to provide the following services for older adults:
  - Exercise Programs
  - Life-long Learning Classes
  - Social Services
  - Volunteer Opportunities
  - Art Programs
  - Cultural Programs
  - Transportation Services
  - Healthy Meals and Nutrition Education
Newport News Parks, Recreation & Tourism, VA

- Partners with the Peninsula Agency on Aging to implement their Active Lifestyles Program for ages 50+.

  This partnership involves:
  - Hosting community events for older adults
  - Offering educational workshops
  - Implementing fitness classes
    - Ex. Walk With Ease, Tai Chi
  - Marketing/promotion for programs and events
  - Sharing facilities and resources
  - Recruiting program instructors and participants
Partnership with Your Local P&R Agency

Tips to Consider

**Attend P&R Events**
Attend community events or meetings that P&R voices lead. Invite P&R to attend your events as well!

**Tour P&R Facilities**
Schedule a tour with your local P&R agency to learn more about their sites, facilities, and operations. Invite P&R to learn more about your organization too!

**Welcome P&R Voices**
Invite P&R voices to join advisory boards, task forces, or committees. Inquire about joining P&R advisory boards.

**Explore Similar Goals**
Explore like-minded goals or outcomes to identify areas of collaboration.
How Can You Support & Sustain a Partnership with P&R?

Areas where P&R agencies seek additional resources:

• Marketing/outreach
• Intergenerational programming
• Funding
• Evidence-based programming
• Accommodating those with different abilities
• Volunteer-based programming for older adults
• Natured-based opportunities

Tips to consider when building a sustainable partnership:

• Establish goals
• Include community members
• Practice effective communication
THANK YOU!

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engAGED Resources

- New! Connecting Generations: Finding Intergenerational Activities Within Your Community
- New! 2023 What Works: Social Engagement Innovations and Best Practices
- Updated! A re-launched and updated Other resources:
  - Social Engagement Innovations Hub continues to grow
  - Community Awareness Toolkit
  - Tips for holding virtual events manual
  - Tips for hybrid events manual
  - Videos
  - Consumer brochures
- Monthly newsletter and blog
- www.engagingolderadults.org
Commit to Connect

• Fostering a nationwide network of champions who are committed to addressing social isolation and loneliness
  • Online discussions
  • Communities of Practice
  • Engaging webinars
  • Peer Networking opportunities
  • Newsletter and resources

• Funded by ACL
• USAging serves as the Coordinating Center
• https://committoconnect.org/
Questions and Discussion

Please submit your questions or comments through the Q&A.
Thank You!

• Please complete the survey which will be displayed in your browser after Zoom closes. There is also a brief 3-month survey.

• The recording will be available on [www.engagingolderadults.org](http://www.engagingolderadults.org).